

**MAYOR'S HEALTH AND FITNESS CHALLENGE
APRIL 2004 SCHEDULE OF ACTIVITIES**

Note:*Optional Miami Dade Parks & Recreations activities requiring special fees.**

Focus	Activity	Description	Date	Time	Location
Fitness***	Adapted Aquatics (\$40./10swim classes & \$30/10arthritis classes)	Water exercises for adults and children with disabilities and arthritis, ages 6 and older. For location and schedules of arthritis classes, call: North 305-652-4304, 305-665-5319, or South 305-234-4948	(Starting on) Thursday, April 1	Various Times	Tamiami, Brentwood, Norwood, A.D. Barnes, and Cutler Ridge pools
Fitness***	Swim Team (\$30./10 classes)	Swim classes and competitions for individuals 13 and older with developmental disabilities. Call: 305-665-5319	Thursday - April 1 (Tuesdays & Thursdays)	5:00 PM - 6:00 PM	Leisure Access Center 3401 SW 72 Ave. Miami, Florida
Fitness***	Mountain Bike Trails (\$10./One time registration fee;\$2./night; \$4./vehicle on weekends)	Beginners, intermediate and advanced riders. For more information Call: 305-685-8389	(Starting on) Thursday, April 1st Mondays - Sundays	Sunrise to Sunset (Night rides: 6pm- 9pm Tue & Thur)	Amelia Earhart Park 401 East 65 St. Hialeah
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.To register call:305-685-4881	April 1,8,15,22 & 29 (Thursdays)	9:30 AM - 10:30 AM	Family Christian Senior Center 14701 NW 7 Avenue Miami, Florida
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.	April 1,8,15,22 & 29 (Thursdays)	6:30 PM - 7:30 PM	Key Biscayne Senior Center 88 W. McCartyre Street Key Biscayne, FL 33149
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.	April 2, 9, 16, 23 & 30 (Fridays)	10:30 AM - 11:30 AM	Miami Springs Senior Center 343 Payne Drive Miami Springs, Florida
Fitness***	Leisurely P.A.C.E. Ing (\$32./8weeks)	People with Arthritis Can Exercise in a relaxed environment at their own pace. To register call: 305-234-4948	(Starting on) Friday, April 2 (Fridays)	10:30AM -11:30AM	Perdue Medical Center 19590 Old Cutler Road

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Fitness***	Sports Saturday (\$32 / monthly)	Basketball, swimming and exercise activities for individuals 13 and older with developmental disabilities. Call: (305) 665-5319	Saturday, April 3 & 17	8:30 AM - 12:00 PM	Leisure Access Center 3401 SW 72 Ave.
Fitness***	Historic Oleta River Canoe Trip (\$20.00)	Take a ride along one of Floridas most historic and beautiful rivers. Bring binoculars. Call: 305-944-6111 for reservations	Saturday April 3,10,17& 24	10:00AM -1:00PM	(Meet at) East Greynolds Park 167 Street and Biscayne Blvd. N. Miami Beach
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris. To register call: 305-235-1668 Ext.242	April 3, 10, 17 & 24 (Saturdays)	10:30 AM - 11:30 AM	Deering Estate 16701 SW 72 Avenue South Miami, Florida
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.To register call:305-638-6771	April 5, 12, 19 & 26 (Mondays)	9:30 AM - 10:30 AM	African Heritage Cultural Arts Center 2166 NW Dr. Martin Luther King, Jr. Blvd. Miami
Fitness	KardioKickBoxing	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population. To register call: 305-377-9922	April 5, 12, 19 & 26 (Mondays)	6:30 PM - 7:30 PM	YWCA of Greater Miami 351 NW 5 Street Miami, Florida 33128
Fitness	Chair Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for seniors. To register call: 305-805-5162	April 6, 13, 20 & 27 (Tuesdays)	10:30 AM - 11:00 AM	Miami Springs Senior Center 343 Payne Drive Miami Springs, Florida
Fitness	Chair Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for seniors. To register call: 305-685-4881	April 6, 13, 20 & 27 (Tuesdays)	11:30 AM - 12 NOON	Family Christian Senior Center 14701 NW 7 Avenue Miami, Florida

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Fitness	Hip Hop Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population. To register call: 305-685-4881	April 6, 13, 20 & 27 (Tuesdays)	12:05 PM - 1:05 PM	Family Christian Senior Center 14701 NW 7 Avenue Miami, Florida
Stress Management	Anxiety, Stress and Panic Support Group	Join Stan Hyman, LCSW, and group members helping to support each other through experience.	Tuesday April 6 & 20	7: 00 PM - 8:30 PM	Northeast Branch Library 2930 Aventura Blvd
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris.	April 6, 13, 20 & 27 (Tuesdays)	5:00 PM - 6:00 PM	Miami International Airport Terminal A, 4th Floor Auditorium
Fitness	Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for young adults and seniors. To register call: 305-638-6771	April 7, 14, 21 & 28 (Wednesdays)	9:00 AM - 10:00 AM	African Heritage Cultural Arts Center 2166 NW Dr. Martin Luther King, Jr. Blvd. Miami
Fitness	Lunchtime Body Sculpting	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population. To register call: 305-636-2250	April 7, 14, 21 & 28 (Wednesdays)	12:00 NOON - 1:00 PM	Caleb Center 5400 NW 22 Avenue Miami, Florida
Fitness	KardioKickBoxing	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population. To register call: 305-573-7229	April 7, 14, 21 & 28 (Wednesdays)	4:00 PM - 5:00 PM	Jose De Diego Middle School 3100 NW 5th Avenue Miami, Florida 33125
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris. To register call: 305-577-0093	April 7, 14, 21 & 28 (Wednesdays)	8:45 AM - 10:00 AM	Jefferson Reeves Health Center 1009 NW 5 Avenue Miami, Florida

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Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris.	April 7, 14, 21 & 28 (Wednesdays)	5:00 PM - 6:00 PM	Stephen P. Clark Center 111 NW 1 Street West Entrance of Building or Inside the Lobby during bad weather Downtown, Miami
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris. To register call 305-233-8140	April 7, 14, 21 & 28 (Wednesdays)	7:00 PM - 8:00 PM	South Dade Regional Library 10750 SW 211 Street South Miami, Florida
Fitness***	Snorkel Workshop (\$15.00)	Introduction to snorkeling skills and safety. For reservations call: 305-365-3018	Friday, April 9	9:00 AM - 11:00 AM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne, Florida
Fitness***	Fossilized Reef Kayak and Snorkel Trip (\$25.00)	Explore marine life and 2,000-year-old fossilized mangrove roots. Different times for singles and couples on Valentine's Day. For other dates, times and reservations call: 305-365-3018	Sat. April 10 & Sun. April 11	Sat. 9:00 AM - 12:00 PM Sun 2:00 PM - 5:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd., Key Biscayne
Fitness***	Arch Creek Nature Walk (\$3.00)	Join us for a walk where you'll learn about several plants that have been used for food and medicine by Native American Indians and early settlers in this area. For reservations call: 305-944-6111	Saturday, April 10 & 24	10:00 AM - 11:00 AM	Arch Creek Park Museum 1855 NE 135 Street North Miami, Florida
Fitness	Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population. To register call: 305-573-7229	Wednesday April 14 & 28	8:00 PM - 9:00 PM	Grace of God Baptist Church 11000 SW 216 Street Goulds, Florida 33170

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Fitness***	Indian Key Canoe & Snorkel Trip (\$45.00)	Take a step back in time with a canoe and snorkeling tour around the first government seat of Miami-Dade County, where a luxury hotel and bowling alley once stood on this tiny island in the Florida Keys. Explore the plant and animal life on the island and beneath the surrounding waters. For reservations call: 305-365-3018	Saturday April 17	7:00 AM - 7:00 PM	CALL FOR LOCATION
Fitness***	Sunset Canoe Trip to Coral Reef Park (\$20.00 adults \$10.00 ages 9-17)	Take a leisurely paddle to Coral Reef Park in search of wildlife, have a picnic and then head back in time and enjoy a beautiful sunset and flocks of ibis heading to roost. For reservations call: 305-365-3018	Saturday April 17	6:30 PM	Bill Sadowski Park and Nature Center 17555 SW 79 Avenue Miami, Florida
Fitness***	Chapman Field Canoe Trip (\$20.00)	Explore this rich marine community located in South Biscayne Bay. Observe various wading birds feeding on tidal flats and learn about the mangrove environment. For reservations and location , call:305-365-3018	Sunday April 18	9:00 AM - 12:00 PM	CALL FOR LOCATION
Health/ Nutrition/ Fitness/ Stress Management	Downtown Monthly Events	Take charge of your health! Come and take advantage of Free Health Screenings, Hip Hop Aerobics & Tai Chi Demonstrations, Raffles, Music and much, much more.	Friday, April 22nd	10:30 AM TO 2:30 PM	Stephen P. Clark Center 111 NW 1 Street Lobby
Fitness***	Key Biscayne Heritage Bike Trip (\$25.00) (\$15.00 if you bring your own bike)	Explore beautiful Key Biscayne as you bike along the streets and paths of this barrier island. Learn about the natural and historical events, which created the Key Biscayne of today. For reservations call: 305-365-3018	Friday, April 23	4:00 PM - 7:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne, Florida
Fitness***	Turner River Canoe Trip (\$40.00)	Let a naturalist guide share a bit of South West Florida's rich history from alligators to Indians to settler's lore. For locations and reservations call:305-365-3018	Saturday April 24	8:00 AM - 5:00 PM	CALL FOR LOCATION

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Fitness***	Key Biscayne Canoe Trip (\$20.00)	Explore the endless mangrove forest shoreline where birds, reptiles and a wide variety of marine life lurk. For reservations call :305-365-3018	Sat. - April 24 and Fri. - April 30	4:00 PM - 7:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne
Fitness***	Kayak Workshop (\$15.00)	Introduction to kayak skills and safety. For reservations call:305-365-3018	Sunday April 25	12:00 PM - 2:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne
Health/Nutrition	<i>"ShopRight, Feel Right"</i> PUBLIX <i>Grocery Tour</i>	The Mayor's Health & Fitness Challenge created this series of events to increase awareness and education among the residents of Miami-Dade County. This is a unique program that invites local community based organizations on an educational aisle-by-aisle tour of two Publix stores led by registered dietitians from the Miami Dietetic Association. For more information call: 305-444-6161	Wednesday April 28th	3:00 PM - 6:00 PM	Sky Lake Publix Store 1700 NE Miami Gardens Dr.
Health/Nutrition	<i>"ShopRight, Feel Right"</i> PUBLIX <i>Grocery Tour</i>	Each tour will take no longer than 30 minutes and up to 10 participants can be scheduled per time slot. All time slots are scheduled in intervals of 10 minutes. Agencies and/or participants need to fill out a form with specified names and time of arrival. For more information call: 305-444-6161	Friday April 30th	3:00 PM - 6:00 PM	Publix Store 850 N. Miami Beach